# EPI Update for Friday, November 1, 2013 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

## Items for this week's EPI Update include:

- Shigella in Woodbury County
- Update on national Cyclospora outbreak
- Treatment of diarrheal diseases
- Meeting announcements and training opportunities

### Shigella in Woodbury County

Over the last month, more than 20 cases of shigellosis have been reported in Woodbury County. Many of the recent cases of *Shigella* have attended child care. Ensuring a lab diagnosis by performing a lab test on stool is important to quickly identify and control outbreaks. Although most patients with shigellosis recover quickly without treatment, antibiotics may be indicated when symptoms are severe or the risk of spread is high (e.g. child care settings).

Any child and staff member associated with child care/day care centers must stay home while ill with diarrhea. Additionally, children and staff diagnosed with shigellosis cannot go back to a child care setting until their diarrhea is over and they have had two negative stool cultures taken at least 24 hours apart. (If treated with antibiotics, wait 48 hours after completion of antibiotics before obtaining the first stool specimen and allow an additional 24 hours before obtaining the second specimen.) This ensures that this very easily transmitted bacteria does not cause outbreaks in the child care setting.

For more information on *Shigella*, visit www.idph.state.ia.us/cade/DiseaseIndex.aspx?disease=Shigella.

#### Update on national *Cyclospora* outbreak

An update on the national *Cyclospora* outbreak, highlighting the outbreak in Texas, is in this week's MMWR. Although it occurred at roughly the same time, the Texas outbreak (linked to fresh cilantro) appears to be separate from the outbreak in Iowa and Nebraska (linked to a bagged salad mix). To view the article, visit <a href="https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6243a5.htm?s\_cid=mm6243a5\_w">www.cdc.gov/mmwr/preview/mmwrhtml/mm6243a5.htm?s\_cid=mm6243a5\_w</a>.

#### Treatment of diarrheal diseases

Of the more than 50 outbreaks investigated each year in lowa, about half are food related. Most are caused by norovirus. The most significant medical problems are due to fluid and electrolyte loss, so rehydration is critical.

Antibiotic treatment for diarrhea is generally not recommended; in fact, the most common diarrheal diseases in lowa are caused by viruses or parasites which are not affected by antibiotics. Additionally, antibiotic treatment can negatively impact not only the gut's natural flora, but can lead to antibacterial resistance. For more information, visit <a href="https://www.cdc.gov/foodsafety/facts.html#howtreated">www.cdc.gov/foodsafety/facts.html#howtreated</a>.

# **Meeting announcements and training opportunities**None

Have a healthy and happy week! Center for Acute Disease Epidemiology lowa Department of Public Health 800-362-2736